



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic: Activities for introducing basic Attacking & Defending Principles

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| FUNDAMENTAL – WARM UP | ORGANIZATION | KEY COACHING POINTS |
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| | <ul style="list-style-type: none"> * Two groups of 4 or 5 players * Grid is approx 12 yard x 15 yard * One attacking player starts half way down the grid * They receive the ball from a team-mate and look to turn and dribble through the defenders goal. * If the defender wins it they dribble through the attacking teams goal * Progress to 2v2 as seen in the picture | <p>Defending</p> <ul style="list-style-type: none"> -Defender sneaks forward and applies immediate pressure -Angle of approach, bend knees and watch the ball - Step in to win the ball when attacker pushes it forward - Second defender applies cover (angle/distance) <p>Attacking</p> <ul style="list-style-type: none"> - Open up body and look to penetrate - Keep the ball moving and be positive |
| <p>MATCH RELATED ACTIVITY</p> | <ul style="list-style-type: none"> * 3v3 in a 25 x 18 yard grid * Players score by dribbling the ball into the goal * Every 10 seconds the coach puts another ball in to play * Once a goal is scored the coach puts another ball in and the ball stays in the goal * If the ball goes out of bounds the coach puts another ball in * If covering attacking the team that has scored the most goals win. * If covering defending the team that has conceded the least amount wins | <p>Defending</p> <ul style="list-style-type: none"> -Applying Immediate pressure, don't allow time or space - Forcing the attacking players into cover <p>Attacking</p> <ul style="list-style-type: none"> - Penetrate on the dribble/pass - Angles of support (shape width/depth) - Improvisation, look to take players on |
| <p>MATCH RELATED ACTIVITY</p> | <ul style="list-style-type: none"> * 5v5 on a 50 x 35 yard grid, with two small goals (No keepers) * Place a half-way line on the grid * Attacking teams have to have all of their players up past the half way line for the goal to count, otherwise it does not count * Defending team as to have everyone back otherwise a goal counts double. | <p>Defending</p> <ul style="list-style-type: none"> - Encourage players to defend from the front (make it compact) - Squeeze in centrally to covering and balancing players <p>Attacking</p> <ul style="list-style-type: none"> - Make the field big, provide width and depth - Staying connected as a group |
| <p>MATCH CONDITION ACTIVITY</p> | <ul style="list-style-type: none"> * 6v6 game * Teams play in a 1-2-1-2 formation * Free play, cover the principles during the coaching moments. | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Coach </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> = Dribble </div> <div style="text-align: center;"> = Pass </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;"> = Movement </div> <div style="text-align: center;"> = Ball </div> </div> |

Note: When conducting these activities with your players be sure to only coach one of the principles, do not attempt to cover both sides of the ball. The activities are designed for you to be able to cover both Attacking & Defending.